



Elgin County Circle of Security Parenting

The 8 session (16 hours) **Circle of Security Parenting** program will explore your relationship with your child and help you find ways to ensure your child has a secure attachment to you. The aim is to help parents understand challenging behaviour by responding to the child's underlying need. In this video-based parent reflection program, parents will learn to support their child's "going out" to explore their world with confidence and "coming in" when they are overwhelmed or emotionally distressed.

Guiding Principles

Here are some founding principles that underlie the Circle of Security model:

1. Attachment problems in infancy and early childhood increase the probability of behavioural concerns;
2. Secure attachment relationships with caregivers are a protective factor for infants and preschoolers, setting the foundation for social competence and promoting effective functioning of the emotion regulation and stress response systems;
3. It's never too late to form a secure attachment;
4. Learning, including therapeutic change, occurs from within a secure base relationship;
5. Lasting change in the attachment relationship comes from caregivers' developing specific relationship capacities rather than learning techniques to manage behavior;
6. All caregivers want what is best for their children.



For information or to register for Circle of Security, please call (519) 434-6848 ext. 253 or email sheslop@merrymount.on.ca.

Each year, Merrymount serves over 8,000 children and 2,500 families through innovative programs designed to support the overall well-being of children and families.

Merrymount Family Support and Crisis Centre

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